

## UNIVERSITY MISSOURIAN

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## TRACK

The main value of track and field work is that the athlete has to do all the work himself. There is no one to help him clear the hurdles, race down the cinder path and win or lose. With the exception of the relay, the man who wins does so because he has the ability, training or something that the other men have not. He fights his own battle and wins his own victories.

Another element in the matter is the hard training necessary for preparation for a track meet. Through months and months the athlete goes steadily on with his work without much praise or much encouragement from anyone. The same old grind every day keeps going and going. The meet sometimes seems so far away that he wonders if it will ever come. And the grind goes on. He doesn't have the daily fun of the baseball player and the football player, although these men often think they are getting too much of the fun. His is a training of lonely, hard work.

Then comes the big day. He has trained for months and now the result is the sharp report of a gun, the wild tear down the path, the tape hitting his breast with a terrible swish and the end of it for him. A few moments has been all. A few bursts of hand clapping, the "fine old boy" of his friends, and he is through until the next time.

In no other line of athletics is the individual, unselfish (because of the comparative lack of praise and compensation) and true nature of a man developed. A track man learns to accustom himself to the hard daily work. He forgets the little praise.

## THE OLD RAIL FENCE

The old rail fences are fast disappearing. Barbed wire and the more modern woven wire are taking their place, as up-to-date farm homes have largely taken the place of the pioneer's log cabin.

In the newer states and well improved parts of the country none of these old fences remains. They have no place on the efficient farms of today. But on the rough hilly land, where agriculture lags a little and land is not so valuable, where owners and tenants are shiftless or poor, many of the old rail fences can be seen zigzagging their way across the hills and valleys.

Fifty years ago they were common, matching the log cabin homes and the rough, cleared patches where a humble crop was grown. Now they are the last, straggling reminders of pioneer days.

Condemned by the modern farmer, efficiency-bound, they still attract the eye of the artist, the lover of the picturesque. Pause before one of these fences the next time you travel along a rough cross-road. With the woodland in the background and perhaps a lazy stream at one side, it makes a pretty picture and recalls to your mind the stories grandma and grandpa have told you of their pioneer days in the west.

## ICE CREAM AND SODA WATER

In some communities, especially college spots, enough soda water is swallowed to float a fleet of dreadnaughts or hide a flock of submarines. And ice cream is devoured in equal proportions.

It is not because young people like to fill their interiors with such floods of stuff that this is true. The enjoyment of drinking and eating is not the attraction. The reason is that the place where such things are sold is a gathering place for the youth of the community.

When a fellow takes a girl to the

movies or elsewhere, he is expected to take her around and complete her misery with a quart or two of popular mixtures, soft drinks as they are called. Or else if he has succeeded in persuading a good looking girl to endure his company for the evening, he takes her around to the corner drug-store, where soda water flows, or to the confectionery, that his friends may see what a man he is.

The advantage of soft drinks over strong drinks is that you can drink enough to make you sick for a day and seriously impair your health and at the same time be considered a moderate liver.

## WEST HAS WOMEN IN TRAINING

Competition for Washington, D. C. Camp Opens at San Francisco.

By United Press.  
SAN FRANCISCO, June 3.—Washington's women's training camp isn't "such a much." A squad of girls from San Francisco's most exclusive society circles have gone into camp here as soldiers in the east cantonment of the Presidio. They are to be taught how to be Amazons, and here is their daily stunt:

At 5 a. m., Reveille. Dress within thirty minutes. Powder, fancy hair and beauty spots barred. Uniform khaki skirt, shirtwaist, elkskin boots and campaign hat.

Drill for half an hour to get up an appetite.

Eat at the general mess table, with the other women, strangers.

Make beds, get lunch ready for instant preparation, be ready for first aid class at 8:30 a. m.

All morning learn how to wrap dummies in 157 varieties of bandages.

Noon, lunch.

From 1 to 4, forced marching.

4 to 6, visitors.

At 6, dinner.

At 7, Assignment of sentries and inspection.

At 10, Taps.

## TEUTONS SHOW THEIR LOYALTY

Fully 500,000 at New York Make Trip to Salute U. S. Flag.

By United Press.

NEW YORK, June 3.—To demonstrate their patriotism, 500,000 German and Austro-Hungarian Americans and their friends will go to Sheephead Bay Speedway tomorrow to salute a gigantic American flag composed of 2,000 girls attired in the national colors.

The event is under the auspices of the American Liberty Day Committee and is intended to impress the country with the love these citizens of foreign birth have for the flag and

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## A Hot Weather Menu

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5 to 8

The  
*Palms*

the welfare of the United States.

There will be exhibitions by turners and mass calisthenics of 3,000 men and women members of the clubs in the North American Turner Band and chorus singing by 10,000 children of German congregation.

A special program of daylight fireworks is listed, and a parade with floats will illustrate several great examples of Germans who, from Revolutionary days, have been of great importance in shaping the course of the American Republic.

## Editors Learn From Movies.

By United Press.  
MADISON, Wis., June 3.—Wisconsin editors of dailies have gathered here for a three-day conference on "How to Print and Publish a Better Newspaper." Movies will be used in illustrating suggestions for editors, and "Newspaper Ethics" will be dwelt upon by Merlin Hall of Black River Falls.

## SUMMER MEALS ARE A PROBLEM

M. U. Teacher Advises Against Using Cold Weather Kind.

There are entirely too many cold weather meals served on hot summer days. A great deal of the discomfort of warm weather could be avoided if more attention were given to the preparation of meals that would not supply so much heat-producing material to the body, according to Miss Bab Bell of the College of Agriculture. On a recent hot day Miss Bell actually found a meal being served which included beef soup, roast beef, mashed potatoes, corn fritters, navy beans, bread, butter, pudding with butter sauce and coffee. This is a good example of a winter meal on a hot day. It adds to the discomfort of him who eats and her who cooks it.

Of course, those who are getting constant outdoor exercise must have substantial food, but more vegetables,

salads and ices should be used in hot weather. Chicken, cold boiled ham, fish, meat loaf, and salmon loaf are good meats for hot weather, partly because most of them do not supply a great deal of fat. Sandwiches are wholesome and easily prepared and are especially good for the evening meal. Eggs should be used a great deal; they can be kept from getting tiresome by cooking them in as many different ways as possible.

Serve breakfast foods that do not require cooking, or if the cooked kinds are preferred cook them the night before and serve cold with fruit and cream, using the various kinds of fruit in season. If there is none handy, canned fruit will do very well.

Phone 55 to have the Missourian delivered to you. 25c a month.

## WOULD SALUTE ALL VETERANS

Enlisted Men of U. S. Will Have Order If Bill Passes.

WASHINGTON, D. C., June 3.—The pretty custom of rendering an officer's salute to all veterans of the Civil War when they are recognized on the street, started by enlisted men of the United States Marine Corps, may be made compulsory for all enlisted men of whatever service arm if the joint resolution introduced into the House by Representative L. C. Dyer of Missouri passes.

Sergeant Edward A. Callan of the United States Marine Corps is the author of the resolution which will require enlisted men of the Army, Navy and Marine Corps to salute the veterans of war from '61 to '65.

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## Political Announcement.

The Missourian is authorized to announce the candidacy of F. D. Alton, for the office of constable for Columbia Township, subject to the action of the Democratic Primary, August 1, 1916.

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## ADMINISTRATOR'S NOTICE.

Notice is hereby given, that letters of administration on the Estate of Ben J. Thompson deceased, were granted to the undersigned on the 1st day of June, 1916, by the Probate Court of Boone County, Missouri. All persons having claims against said Estate are required to exhibit them for allowance to the Administrator within six months after the date of said letters, or they may be precluded from any benefit of said Estate; and if such claims be not exhibited within one year from the date of the last insertion of the publication of this notice, they shall be forever barred.

M. T. ANDREWS,  
Administrator.

## SHERIFF'S SALE.

(W. S. P. 609, S. 42.)  
By Virtue and Authority of a Special Execution, issued from the office of the Clerk of the Circuit Court of Boone County, Missouri, returnable at the June term, 1916, of said Court, and to me directed, in favor of John C. Schwabe and against the unknown consorts, heirs, devisees, aliases or immediate, mesne or remote, voluntary or involuntary grantees of H. Ward, deceased, which said special execution is based upon a Judgment which was by the Court declared to be a special lien and charge against the following described Real Estate, to-wit: Sixty-eight (68) feet off of the North side of Lot Number Three (3) of Wellington Gordon's Subdivision of a part of the Northeast quarter, and the Northwest quarter of Section Seven (7), Township Forty-eight (48), Range Twelve (12), described as follows, to-wit: Beginning at (1) a point of 1140 feet and 6 inches North of the center of said Section Seven (7), thence East 830 feet to (2), thence North 609 feet to (3), thence West 835 feet to (4), thence in a southerly direction 609 feet to the beginning, all in Columbia, Boone County, Missouri.

All lying and being in the said County, and State of Missouri; and I will, on Monday, the 19th day of June, A. D. 1916, between the hours of nine o'clock in the forenoon and five o'clock in the afternoon of that day.

AT THE COURT HOUSE DOOR, in the City of Columbia, County of Boone, Missouri, sell the same, or so much thereof as may be required, at public vendue, to the highest bidder, for cash in hand (subject to all prior liens and judgments), to satisfy said execution and costs.

G. B. SAPP,  
Sheriff of Boone County, Mo.

## You Are Judged By Your Business Stationery

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